

Module 6:

Living an Unfragile Life

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Understanding an Unfragile Life

Creating a framework for an "unfragile" life involves building resilience, practicing self-care, and maintaining a positive mindset.

KEY CONCEPTS:

01

What It Takes to Have an Unfragile Life:

Resilience: Embracing challenges as opportunities for growth.

Self-Care: Prioritizing mental, emotional, and physical well-being. Techniques include regular exercise, mindfulness practices, and healthy eating.

Community Support: Building strong connections with friends and loved ones.

02

Self-Care Practices:

Mindfulness and Meditation: Spend 10–15 minutes a day focusing on your breath or using guided meditations.

Journaling: Write about your thoughts and feelings daily.

Physical Activity: Incorporate exercise into your regular routine—consider yoga, walking, or any activity you enjoy.

03

Growth Opportunities:

Learn New Skills: Take classes or pursue hobbies that challenge you.

Step Out of Your Comfort Zone: Challenge yourself to engage in situations that feel difficult.

Reflect on Experiences: After facing challenges, reflect on what you've learned.

04

Be Confident in Being Unfragile:

Affirmations: Repeat positive affirmations daily to reinforce your commitment to resilience.

Set Goals: Set short-term and long-term goals to create a sense of purpose.

Mantra for Being Unfragile

Live your Unfragile life with these Mantra's

"I am strong, resilient, and capable of overcoming challenges."

"Every setback is an opportunity for growth."

Power Words for an Unfragile Lifestyle:

Resilience

Strength

Growth

Empowerment

Courage

Mindfulness

Gratitude Worksheet:

Review this worksheet weekly to shift your focus
toward positivity and abundance.

Date:

Three Things I'm Grateful For:

01

02

03

Why I'm Grateful For These:

01

02

03

Happiness Meter:

Create a simple 1-10 scale to measure your happiness.
Reflect weekly on your happiness score and identify what
factors contributed to your rating.



☐ **1 – Not Happy at All**

☐ **2 – Very Unhappy**

☐ **3 – Unhappy**

☐ **4 – Somewhat Unhappy**

☐ **5 – Neutral**

☐ **6 – Somewhat Happy**

☐ **7 – Happy**

☐ **8 – Very Happy**

☐ **9 – Extremely Happy**

☐ **10 – Absolutely Thriving**